

GRAPESVINE

VISITACION VALLEY

NUMBER 127

SERVING OUR COMMUNITY

FEBRUARY 1997

Architects Selected for Valley Senior Housing

By Gerry L. Galvan

A proposal to build 91 units of John W. King Senior Housing project on Raymond Avenue is definitely a done deal.

A board of directors has chosen the Van Meter Williams Pollack and Kennard as the official architectural firm to design the envisioned \$9.6 million of senior housing granted by the federal government's Housing and Urban Development (HUD).

Meeting in an executive session Jan. 24 at its temporary boardroom on Leland Avenue, the selected architectural firm was among three finalists having submitted applications to Mercy Charities several months earlier.

Almost 40 various design groups had expressed interest in the contract, with 11 firms making it to an initial screening process conducted at Mercy's offices on Howard Street.

Mostly located in the Bay Area, the 11 architectural firms had submitted applications with corresponding statements of interest, demonstration of past contracts, presentations of past and current housing jobs and references. Applicants were evaluated by a panel of five which ranked them according to presentations and a summation of packages.

Also interesting to note is that the Van Meter Williams Pollack and Kennard is a Los Angeles-based professional firm.

With the three finalists interviewing on Jan. 21 at the Human Rights Commission boardroom on Van Ness Avenue, one of the five panelists, Tom Lauderbach, who sat through the whole process, expressed a strong concern over the Van Meter group being located in Los Angeles.

"I don't feel comfortable with the thought that the firm's executives, architects and construction workers have to commute from Los Angeles to the job site," said Lauderbach. "Their travel and hotel or lodging costs could add up to their expenses, thus inflating their budget."

His wry assessment of the business obviously signaled his preference for another firm, but he didn't show any indication to which of the other two he wanted.

Another divergent assessment of the matter was expressed by David Stoloff, a member of John King Senior Center (JKSC) board of directors. Stoloff showed his preference for the Herman Stoller Collier Architects and Community Design Center which placed third among the three firms. Lauderbach's deep concern over the chosen firm's long distance commute was quelled by a convincing argument by JKSC Chief Executive Officer John King who explained that commuting had become less problematic during this jet air travel age. Others in attendance, including Melinda Hicks, La Vergne Keppard of the Center, Mercy Charities Executive Officer Dara Kovel, and HUD Executive Director Darlene Williams



A committee comprised of (clockwise from left) David Stoloff, James Fields, Melinda Hicks, Thomas Lauderbach, Eric Ha, Darlene Williams, Patrick Strebb, John W. King, Amy Bayley, La Vergne Keppard, Dara Kovel and Gerry L. Galvan met Jan. 24 to make a final selection of an architectural firm to design the proposed John King Senior Housing.



Chosen were an architectural design group including (l-r) Timothy Van Meter, Gail Kennard Madyun, Mahmoud Gharachedhahi and Fred Polack.

Photos by Gerry L. Galvan

buttressed King's unwavering position on qualification of the Van Meter group.

Petrick Strebb, JKSC's attorney may have sealed the argument when he said that Van Meter and company's commute and lodging expenses could be threshed out in the contract.

One thing was made certain during the series of meetings between board members and contract applicants. For one, safety and comfort of the seniors and residents is seriously the primary point in the construction of the 91 units. The John King Senior Housing Project has a long history of groundwork, legwork, ambassadorial type of negotiations, political astuteness and charm the like of which King has been highly gifted.

But not all was roses along the way to the apparent victory by the King project. Thorns and dirt are run into every now and then as it was learned an unsigned flyer from an unidentified person was circulating the surrounding neighborhood soliciting signatures on a petition to block the housing project.



Madyun explained her firm's graphs and illustrations to the selection committee.

"Someone will be contacting you before Thursday, Jan. 23, 1997 to obtain your signature," wrote the anonymous author, although this reporter never got hold of a petition sheet nor was asked for any assistance. Meanwhile, the source of this petition remains a mystery.

Angry Residents Voice Concerns About Norcal Waste Facility

Tempers were flaring at the Community Center on Jan. 25 as a full house joined both the Visitation Valley Task Force and Little Hollywood Committee for their first meetings of 1997.

Both meetings had scheduled as their first orders of business the concerns of neighboring residents to Norcal's Solid Waste Recycling and Transfer Station located on Tunnel Avenue. In fact, the waste plant was the only topic of discussion on the agenda for Little Hollywood, whose frustrated residents could easily have gone past the allotted hour used to compare their unfavorable experiences.

Representing San Francisco Solid Waste Management Company at the task force meeting was Karen Strandoo, who said her job was to oversee operations at the household hazardous waste facility. She began by telling those in attendance that she wasn't going to deliver a standard presentation because she was unsure about what people wanted to know, but rather wanted residents to voice their concerns about the waste facility.

And voice they did, loudly, starting with 25-year Little Hollywood resident Ron Gibson who interrupted when Strandoo claimed there were no current plans for expansion.

"That's a lie!" exclaimed Gibson to the acknowledgement of many in the audience. "They keep driving it out here and hope to run us down into the ground so we'll give up. We're tired of this crap."

When Strandoo continued to explain about improvements being made to the facility, Gibson interjected, "We're talking about the old business. We were promised that we wouldn't smell a thing when that transfer station went in back in the 1970s. Ever since then, we've smelt garbage and we've been lied to."

His comments were supported by several of his neighbors who repeatedly cited the various nuisances directly stemming from the waste facility that he said had plagued the community for 15 years, including noise, odors, dust, heavy truck traffic, rats, and an unusually large population of sea gulls, which on many an occasion have been one of the most talked-about problems associated with the facility.

Most residents from Little Hollywood had said they were continually frustrated by years of persistent hungry birds, often numbering in the hundreds, flying over their homes and vehicles and leaving a large volume of droppings.

"I just bought a new car and I can't park it on the street," expressed one resident as several of her neighbors related similar experiences.

When task force member Ralph Oroquieta questioned Strandoo about a past proposal to increase the waste plant's volume of through-put material, she explained that no current plans called for an increase in the processing of waste, which was requested to be put into writing.

Strandoo also encouraged two-way communication between her office and the residents of Little Hollywood and Visitation Valley, saying she wanted to first hear from the people when there were problems and concerns stemming from the waste plant.

Saying he felt it unethical for the City to send an agent to find out what problems between the waste plant and its neighbors, Little Hollywood resident and VVTF member Don Benone suggested that S.F. Solid Waste Management set up an advisory committee through the Board of Supervisors that would study the problem so that a modified, documented ongoing public process be created by public agencies and officials.

"This needs to be run exactly like the LAC," suggested Bertone, referring to the Local Assessment Committee which held monthly public meetings for three years while Norcal considered the waste plant's expansion before its building permits expired last year. "If you want to gain any credibility for anything that's going to be done over there (waste facility), you need to have a similar process."

VACANT LOTS

Representing Friends of Visitation Valley Parks was Anne Seman who delivered a proposal suggesting that empty lots currently available in the neighborhood be maintained as open space developed for recreation for children, youth and adults. She further proposed that the open parcels of land be developed in part as a high yield organic community farm.

"We envision a cooperative venture which will join local schools, youth, seniors, community organizations and all residents in developing an agricultural, environmental education center," said Seman.

Local businessman Henry Schindel suggested that some of the land also be reserved for needed parking in a revitalizing business area to offset congestion on Leland Avenue.

Supervisor Leslie Katz, who made a special appearance at the meeting, explained that the empty lots were owned by the S.F. Water Department, which owns similar parcels of land throughout the City, and that no real plans had been devised for the land other than possibly selling it to the highest bidder and using the money to acquire property that could be better utilized for their needs.

Katz said she would rather have the City take an interest in these open lots and work with the neighborhoods to best utilize them.

LITTLE HOLLYWOOD

Little Hollywood's Meeting continued the heated discussion started at the VVTF forum, as committee member Oroquieta gave a detailed presentation with visual aids of the existing waste facility problems. Both his comments and those by fellow residents were supported by Schindel, who reminded everyone that most important was what would be left for the next generation.

HUD Announces Geneva Towers Demolition Now Scheduled for Fall

By Gerry L. Galvan

"Demolition of the Geneva Towers will start this fall."

Such assurance on a long-awaited activity in Visitation Valley was made by former San Francisco Mayor Art Agnos, who came in with a group of Housing and Urban Development (HUD) and City agency officials Jan. 10 for an on-the-spot tour of the Village at 333 Schwerin St.

Agnos, who has been HUD's regional housing commissioner since shortly after leaving City Hall five years ago, was responding to a question from a neighborhood activist who obviously sounded impatient about government foot-dragging on the Towers.

"It would appear that things have been quite slow with the Geneva Towers redevelopment project," noted Agnos. "But there has been a lot of issues to resolve before we could begin to dismantle the Towers."

What those issues were, Agnos didn't take time to elaborate for the huge crowd gathered at the Village headquarters that hour.

Visitation Valley residents, neighborhood leaders activists and innocent bystanders first got feelers on the impending fate of the twin 20-story Geneva Towers located at the corner of Sunnydale Avenue and Schwerin Street within months of President Bill Clinton's first inauguration in 1993. On Feb. 17, 1994, Agnos came into the Valley as resource speaker during a meeting of the newly organized Visitation Valley Task Force under

then-Mayor Frank Jordan. In a letter to the yet-to-be-sworn-in task force members, Anthony Lincoln, then executive director of the Mayor's Office of Children, Youth and Their Families, wrote that Agnos would "discuss the disposition of the Geneva Towers."

Lincoln successfully served as a conduit both to the Jordan Administration and an overwhelming bureaucracy at HUD before he was fired by Willie Brown who defeated Jordan in the 1995 mayoral runoff election.

Brown replaced Lincoln with Jeff Mon, who's administrative style was quite different than his predecessor. It was during the first few months of Mori's directorship that the Geneva Valley Development Corporation (GVDC) was organized and upon whose shoulders the nitty-gritty job of policy formulation, government contact at federal, state and city levels, architects, contractors and the like has fallen.

Organized on Mar. 17, 1996 with L.P. Lewis as its board chairman, the GVDC originally had 17 board members but went through a period of developmental pains. Some of its chosen members didn't feel attuned to the times, while others didn't feel comfortable with the idea of tearing down Geneva Towers. Still others just didn't care.

Membership of the GVDC board was reduced to nine, including five serving on an executive board. Brenda Lopez currently serves as the organization's president. A Feb. 1 meeting was scheduled to elect a new set of officers.

New and Revised Laws Change Federal Income Tax

Tax law changes could affect the bottom line of your 1996 income tax return. Here are some changes you should know about.

Each year, there are changes to the tax rules, some due to new laws, some to changes provided for in previous laws. The following are some of the more common changes that could affect most people's income tax returns.

INDIVIDUAL CHANGES

Personal exemptions are worth \$2,550 for 1996.

For people who do not itemize their deductions, the standard deduction has increased. The new amounts are \$4,000 for single people who cannot be claimed as another person's dependent; \$5,900 for heads of households; and \$6,700 for married people filing jointly or qualifying widow(er)s. People who are at least 65 years old or blind get an extra amount added to their standard deduction. The standard deduction is limited to the larger of \$650 or earned income for people who can be claimed as dependents by another, and to \$3,350 for married persons filing separately.

The earned income tax credit (EITC) will increase in 1996 for working people

who qualify. The amount a person can earn and still be eligible for the credit increases, too.

Another change to the EITC relates to people with investment income, such as interest, dividends, rents and royalties. No one who has more than \$2,350 in investment income may claim the EITC.

And finally, the EITC will be denied to any individual who is not authorized to work in the U.S. In order to claim the credit, the taxpayer (and spouse, if married) must have a valid Social Security number.

A valid taxpayer identification number will be required for each dependent or qualifying child as a condition for claiming a dependency deduction or a dependent care credit for the child.

Other changes affecting this year or future tax years will affect punitive damages received for personal injury or sickness, qualified state tuition programs, individual retirement account (IRA) contributions for spouses who do not work, a nonrefundable credit for certain adoption expenses, and medical savings accounts.

BUSINESS CHANGES

The 1996 standard mileage rate for

using one's car for business is up a penny to 31 cents a mile. The special rate for rural mail carriers is up to 46.5 cents a mile.

And for 1996, the maximum wages and self-employment income subject to Social Security tax is \$62,700.

The deduction for expenses in maintaining a home office has been clarified to permit a deduction for expenses related to a storage unit regularly used for inventory or product samples for tax years beginning after Dec. 31, 1995.

Employers who were to begin making tax deposits electronically as of

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Meeting Will Update Valley on Towers

Geneva Valley Development Corporation (GVDC) is hosting a community meeting to update Valley residents and organizations on both the status and demolition of Geneva Towers, as well as replacement housing planned on the Towers site. The meeting will be held Thursday, Feb. 13 from 6 to 7 p.m. at Elementary School auditorium, 55 Schwerin St. For further information, call Judith Sandoval at 587-7896.



Arguements Against Garbage Rate Hike

Following is a letter sent Dec 27, 1996 to City Administrator William Lee concerning the Director's Report on the 1996 Rate Applications from Sanitary Fill Company

Dear Chariman Lee
I am writing to present public comment on the Director's Report. There are many important factors and information that are not presented in the report for your evaluation.

The timing of the release of this report, during the Christmas and New Years holidays, was a very poor choice to achieve maximum participation by the public and the ratepayers of San Francisco.

The factors that seem to be missing in any reports are:

1) The community directly adjacent to the Norcal/Sanitary Fill Company complex opposes any expansion and wants the operations of the complex to be relocated to a more appropriate location. This type of industry does not belong directly adjacent to a residential community.

2) Federal land (approximately 80,000 acres) will be transferred to the city of San Francisco and will mean the city will be responsible for solid and hazardous waste from this transferred land.

3) The curbside recycling program will be open to competitive bidding in 1998.

4) The Sanitary Fill Company (Systems Plan) Environmental Impact Report (EIR) published in February 1995 will have many California Environmental Quality Act challenges if it ever gets Planning Commission certification for being complete and accurate.

5) The garbage transfer station was built with a simple building permit, the county land use permit was the building permit with an A add to the building permit number.

The State has always wanted a real land use permit with the required environmental review. The excuse for not having an environmental review has been the EIR which was started in 1989.

It is possible that there will be a class action challenge by the Little Hollywood Committee and community to any expansion of operations and the expenditure of ratepayers funds on the privately owned buildings and property.

The community of Little Hollywood is north of and directly adjacent to the Norcal/Sanitary Fill Company complex at Tunnel/Beatty Avenues. Numerous City employees representing various City agencies have attended meetings for many years where community residents stated their complaints. The adverse environmental effects generated by the operations at the Tunnel/Beatty complex processes the majority of all the trash/garbage, hazardous waste and recyclable materials for all of San Francisco.

There is a boycott of the Norcal/Sanitary Fill sponsored meetings by the Little Hollywood and Visitation Valley communities. Our communities believe that any meetings concerning the Tunnel/Beatty complex should be conducted by a committee appointed by the Board of Supervisors or the Planning Commission.

The presentation by Sanitary Fill Company for the construction of a garbage incinerator with two 300-foot smokestacks has lost all trust in the intentions of the management of the facilities. In 1989, the representatives of the complex had stated to the community that there would be no expansion of operations or increased hours of operations. The Systems Plan was to correct adverse environmental effects and enable the complex to be used more efficiently.

The transfer of federal land to the city will increase the amount of solid waste and hazardous waste that must be processed and transferred for recycle or disposal. The Presidio, Yerba Buena Island, Treasure Island and Hunters Point Shipyard (approximately

80,000 acres and thousands of buildings) used other garbage haulers and hauled directly to landfills and other disposal facilities. These land transfers were known to take place but are not included in the EIR. The Norcal garbage companies are already contracting with the Presidio and requesting permits for Yerba Buena Island. This additional tonnage will be hauled across the City to the Tunnel/Beatty complex, then back across town to the Altamont landfill, recycling facilities or hazardous waste disposal facilities.

The Association of Bay Area Governments predicted a growth rate of 12 percent for San Francisco. Mission Bay Housing Development could add another 3,000 units and the University of California San Francisco could construct another campus. More people means more garbage, which in turn means more trucks and more processing of garbage.

INCREASING RATES

The need to increase collection and disposal rates should not contain the cost of facilities planning efforts, environmental impact reports, or development plans and reports. These are capital investment cost and should be claimed on the corporation taxes. The garbage companies should have worked with the adjacent communities before they published the Systems Plan EIR. The community of Little Hollywood gets the brunt of the adverse environmental effects generated by the Norcal/Sanitary Fill complex. The refusal of Norcal to discuss the Systems Plan with the community has greatly increased the lack of trust the community has for the garbage companies. Changing the name of the Systems Plan to "Recycle Central" does not make the plan seem any better for the community.

The Berkeley Environmental Law Community Clinic and Golden Gate University Environmental Law and Justice Clinic have reviewed and made comments on the EIR for the community, and the law clinics will review the Public Comments and Responses for the EIR when it is published.

Deputy City Attorney John Roddy wrote the legal opinion that collection of recyclable materials was outside the scope of the City's refuse collection ordinance of 1932 and the City could use any process for establishing or obtaining curbside recycling services it deemed appropriate. Supervisor Wendy Nelder and the Board of Supervisors passed a resolution urging Rudy Nothenberg as chief administrative officer to recommend that the Rate Review Board name Golden Gate Disposal Company and Sunset Scavenger Company (Norcal) as the City's recyclers. The lack of competitive bidding for the recycling contract, and the relationship of the City's Recycling Coordinator and Norcal's director of curbside recycling made this a questionable transaction. Mr. Nothenberg, as CAO, made contract provisions to allow time for Norcal to recover their capital investment and the curbside recycling program would be contracted by competitive bidding in 1998.

The garbage companies continue to use the cost of the recycling program as the reason for the need to increase the garbage rates. If the City is so concerned about AB939 (recycle 50 percent of refuse) then why does it so actively pressure the other recyclers that produce no more adverse effects than Westcoast did using the TURF building and yard, or the sorting of demolition debris at the public disposal area and near the garbage pit?

It seems that the garbage companies want to recover their \$3.8 million dollar investment spent on the Systems Plan EIR from the ratepayers. There is not enough available land for processing of refuse, hazardous waste and recycling at the Tunnel/Beatty site for the future needs of San Francisco. And construction in the area of processing could cause environmental hazards or disruption of service. Since 90 percent of a garbage company is rolling stock, relocation is simplified. Build new facilities somewhere else and then move in.

The Norcal/Sanitary Fill complex has 21 acres within the jurisdiction of the City of Brisbane and 21 acres within the jurisdiction of San Francisco. Brisbane will not allow processing of any kind, which includes recycling, processing of solid or hazardous waste, sorting or bailing. The remaining 21 acres of the Tunnel/Beatty complex is divided as follows: 3 acres are zoned RH-1 and used as an employee parking lot; the remaining 18 acres is divided into two zones: 8.5 acres are zoned M-2 Heavy Industrial and 9.5 acres are zoned M-1 Light Industrial. Within these 18 acres are 4.5 acres which are the Buffer Zone (landscaped hillside) and 2.5 acres are the TURF yard (proposed employee parking lot). The remaining 11 acres (which includes buildings, structural frames and roadways) is all of the land area that is

available for all the processing of the majority of solid waste, hazardous waste and recycling for the entire city and county of San Francisco. Four to five thousand vehicles will be expected to access this small area on a daily basis. The majority of the vehicles will be large trucks, vans, container trucks and pick-up trucks.

The expenditure of the residential ratepayers funds to construct buildings to be privately owned and on private property would be unfair and borderline criminal. If the garbage companies want to invest their employees funds on such a project then let the garbage companies tell their employees that this is a sensible investment. Public funds should not be used in financing or to guarantee the debt of this project.

Sanitary Fill wants a disposal rate increase which will trigger higher rates for Golden Gate Disposal and Sunset Scavenger. The disposal cost (tipping fees) at Altamont Landfill is half the rate of other landfills and this factor is not used in the averaging of rates in the Bay Area.

ALTERNATIVE SOLUTIONS

Recycle Central should not be funded by residential ratepayers, that is capital investment. The threat of AB939 (must recycle 50 percent of refuse) has made S.F. Solid Waste Management push for this expansion. It would be in the best interest of S.F. Solid Waste Management to find alternative solutions to the problem that looms ahead.

PUBLIC FUNDS SHOULD BE SPENT CORRECTLY

The fact that there is no retroactive rate decrease makes it much more important to make sure public funds are correctly spent. If Recycle Central was funded in any way and was never built, then the funds allocated in the rate increase would not be recovered.

No residential ratepayers funds should be used for private development unless it is put on the ballot and approved by a majority of the voters and approved by the Board of Supervisors and Planning Commission.

BUILDING PERMIT NEEDED

Any construction or expansion of the hazardous waste building would require a building permit which would trigger the Tanner Act and establish the need for a Local Assessment Committee (LAC). In 1990, the Planning Commission appointed a committee when Sanitary Fill submitted four building permits.

The LAC was an advisory committee that was to advise the City on terms and conditions by which a proposed expansion of the existing Hazardous Waste Facility at 501 Tunnel Ave. may be acceptable to the community. The LAC held regular monthly meetings until it was disbanded in May 1996. The LAC did make 60 recommendations which are now on file as public record. The LAC was disbanded when Sanitary Fill withdrew its application for the building permits. No negotiations with the LAC or the community ever took place. Sanitary fill intends to increase the amount of hazardous waste that is processed, transferred end/or consolidated by a new state law "Permit by Rule." This has increased the mistrust the community has about the intentions of management of the garbage companies.

NEIGHBORHOOD CONCERNED

The community of Little Hollywood is very concerned with the Hazardous Waste Facility operating with the roll-up doors open and the lack of control of containment devices in the fume exhaust stacks. The cost of the necessary containment equipment (approximately \$30,000) should have been taken from funds that were allowed in past rate orders and not used for the hazardous waste program. At the LAC meetings, the community was told that an aerosol can crushing machine was considered but was not purchased. The community has been told many times that the cost of the containment devices in the fume stacks was too costly, funds were not available, and the equipment was not necessary.

EXPANSION OF A PROGRAM

The expansion of the Very Small Quantity Generator (VSQGs) program which will charge a fee from \$2 to \$7 per gallon is the reason for the 2 to 3-fold need for expansion of the through-put of the hazardous waste program. The additional through-put of 67,000 to 134,000 gallons per year could generate from \$134,000 to \$938,000 in revenue and reduce the need for a rate increase.

EMPLOYEE STOCK OWNERSHIP

The cost of the Employee Stock Ownership Plan (ESOP) should not be allowed in the rate application. This cost has been questioned since it was first presented prior to 1990. The proposed cost of \$745,000 for Sanitary Fill Company; \$1,612,000 for Sunset Scavenger Company; and \$1,302,000 for Golden Gate Disposal and Recycling Company is inappropriate and should not be paid for by the ratepay-

ers.

OTHER COSTS

The cost of accounting review of inter-company and direct charges seem acceptable if there are no double-billings for the same service.

IMPOUND ACCOUNT

The impound account should be set on a year-to-year basis.

DEBRIS RATES

The construction and demolition (C&D) debris rates are set too low. This does not encourage competition and development of other large recycling facilities. C&D debris is not considered refuse under the 1932 Refuse Collection and Disposal Ordinance. The treatment (1992) of Waste Resources Technologies, L&K Debris Box, and City Debris Service was unfair. H&H Environmental Service/H&H Ship Service Co. has also felt the pressure of City Hall. The City Attorney's Office, Department of Public, Department of Environmental Health Services, City Planning Department, and Department of Parking and Traffic have a way of gang-banging the other C&D recyclers. The C&D recyclers should have been given as much help as needed and community development loans should have been offered.

Our community has been complaining for years about odors, fumes, noise, seismic vibrations, illegal truck traffic through the neighborhood, use of areas for sorting without the proper permits, massive clouds of dust, construction without notification or permits, and litter and trash on the roadway leading to the Tunnel/Beatty facilities. Some of the adverse impacts from the facilities have been a real problem to the community. The number of violations written against the Norcal/Sanitary Fill Company complex by City agencies has been less than minimal.

The majority of C&D debris boxes seen throughout the City are Norcal/affiliates such as Sanitary Fill Company, Golden Gate Disposal and Recycling Company, Sunset Scavenger Company, West Bay Salvage, Sunset Debris Box Service, Clembro, Consolidated Debris Box Service, S.P.A. Debris Box Service and Bayshore Salvage. The need to purchase new debris boxes is not shown as many of these debris boxes have been stored in the yards for years without being moved.

CONSOLIDATION

The consolidation of the garbage companies was proposed in the Sanitary Fill Company EIR that was published in February 1995 and is being reviewed by the City Planning Department for publication of Public Comments and Responses to the EIR. The City Planning Department will then present the two documents to the Planning Commission to be accepted as complete and accurate. It was stated in the EIR that the complete operations of Golden Gate Disposal and Recycling Company were to be relocated to the Tunnel/Beatty complex where Sunset Scavenger is already located. The Regulated residential rates allowed by Initiative ordinance should not be used to subsidize commercial rates in the transfer or refuse within the Altamont Landfill rate cost. Competition is already minimal with only two licensed refuse haulers with non-transferable permits from the City for refuse service.

The Board of Supervisors, by Charter Reform Initiative, is supposed to rectify this monopoly-like garbage service structure and open the City's refuse service to competitive bidding. The use of two separate management and vehicle maintenance services under one parent company seems like a choice and should not be an extra expense to the City's ratepayers. The other alternative would be to open commercial accounts to additional licensed refuse haulers. Bonds, Insurance and totally enclosed facilities in an M2 Heavy Industrial District would be basic requirements. Golden Gate Disposal obtained a Presidio contract at a bid of \$766,700 for 155 tons per month for 51 months or approximately \$80 per ton. Are the City's ratepayers subsidizing this contract?

INCREASED SERVICE QUALITY

The quality of service is increased by getting the public to call in complaints. A simple contrasting color stencil on every vehicle with a complaint phone number in large letters would motivate reluctant callers to get a broader scope of complaints. People do not like to complain and avoid getting involved. All the vehicles that are owned or leased by the garbage companies, including management vehicles subsidized by the ratepayers, should be clearly marked as to which company they are used for as a tax credit.

NO ILLEGAL DUMPING STUDIES

There is no reference to any studies that would concern an increase in illegal dumping of garbage or trash when there is a rate increase for collection or disposal. Will there be a substantial increase of illegal dumping in vacant

lots, along roadsides and in the parks if the second can rate is increased? A quick check of the numbers of complaints and the amount of work-time for clean-ups by the DPW could reflect additional costs to the City.

A rate reduction in the mini-can service would have the least effect on the overall revenue and cost to the garbage companies because of the limited number of users.

Most apartment complexes have large common garbage containers. The tenants see no benefit to recycle. A large number of tenants feel the rents they pay are excessive. The cost to the individual garbage ratepayer for soap, water, water heating, and time to wash, rinse and remove labels from the recyclable containers is greater than the recycle rebate or credit on their garbage bill. The recycle revenue credit decreased from \$2-plus per billing period in 1995 to 40 cents in 1996.

The Little Hollywood Committee will submit a more extensive and detailed report to the Board of Supervisors concerning the proposed rate increases.

Thank you for your time,
Ralph Oroquita

The following letter was sent Jan. 9, 1997 to State Senator Quentin Kopp.

Dear Senator Kopp:

I am writing to request information about the proposed setting of the 1997 San Francisco residential garbage rates. Our committee is questioning the proposed expenditure of rate payers funds for planning, designing, development, cost of permits and reviewing of permits pertaining to new construction and remodeling of facilities on the private property of Norcal/Sanitary Fill Company at Tunnel/Beatty Avenues.

It has been proposed in the Director's Report by the Director of Public Works, Mark Premeau, that \$1.2 million dollars is to be added to the residential garbage rates for 1997 and another \$1.2 million dollars for 1998. The first year there are restrictions on the way the funds will be spent and there will be no restrictions on the second year.

Mr. Premeau recommended the Norcal's Employee Stock Ownership Plan would not be funded by the rate payers.

It seems that the Norcal/Sanitary Fill Company and their affiliates are unwilling to use their own funds or borrow the funds for this capital investment. Approximately \$68.3 million will be spent on privately owned property for new construction equipment, roadways and remodeling of facilities.

Director's Report page 15: "In the public hearing of November B, 1996, Sanitary Fill indicated that it did not intend to move forward irrevocably with Recycle Central unless it received approval for ratepayer funding of the project. Thus, Sanitary Fill intends that all or part of future construction and operating costs associated with Recycle Central would be financed by residential ratepayers. Earlier this year, Sanitary Fill presented a plan to city staff that estimated the design and construction costs for Recycle Central at \$40.1 million for Phase I and \$28.2 million for Phase II. These estimates do not include complete information on operating expenses or any changes that may be necessary to the waste collection system." Recycle Central was formerly called the Systems Plan.

In 1989, Norcal/Sanitary Fill Company proposed a complete remodeling and expansion of operations at the Tunnel/Beatty complex.

Prior to the announcement of the proposed expansion and remodeling, the State Solid Waste Management Agency had wanted an environmental review and county land use permit for the facilities. The Environmental Impact Report that is now being reviewed by the San Francisco Planning Department has been the reason for postponement of the necessary environmental review for all these years.

Since 1988, the operations at the complex have been expanded and doing business as usual. This has allowed the adverse environmental effects generated by the complex to overwhelm the community of Little Hollywood, which is directly adjacent to the complex.

The threat of AB939 (50 percent of refuse must be recycled by the year 2000) seems to be one of the driving forces to get this rate increase accepted and adopted. The expenditure of the residential ratepayers funds on construction and development on a site that is too small for the future needs for the City and County of San Francisco should be prevented. The site is directly adjacent to a residential neighborhood and this would not be tolerated in any other neighborhood in San Francisco. With only 11 acres of the 44 acre site for the actual processing of the garbage/trash, hazardous waste, and recycling for the entire city

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GRAPEVINE VISITACION VALLEY

Published monthly by Visitation Valley Community Center, 50 Raymond Avenue, San Francisco, CA 94134 (415) 467-6400. Subscription \$8.

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New Foundation Will Concentrate on Christian Education

By Gerry L. Galvan
A Sunday morning sanctuary service of St. James Presbyterian Church served as an historic occasion with the unveiling of the Foundation for Christian Education, a nonprofit, limited partnership.
The foundation officially took shape on Jan. 14 when California Secretary of State Bill Jones signed its registration certificate.
Sole purpose of the organization is to help spread the Word of God, soliciting not only articles, essays, and cop-

ies or reprints of pulpit sermons and scholarly papers, but also financial donations to fund the foundation's work.
According to the format, the foundation will initially operate with a minimum of personnel, with one or two members spending personal funds during its infancy.
Every effort will be exerted to avoid violating IRS rules and regulations, with an experienced CPA coming in to handle the foundation's books and make sure finances are accounted to the last penny.

The Foundation for Christian Education aims to print and reprint materials relevant to the Word of God as revealed in the Holy Bible. The focal point is Jesus Christ with His teachings and life examples when he was on earth. Prospective recipients of the foundation's assistance will be less progressive congregations.
Offices of the Foundation will be temporarily housed in its organizer's San Francisco residence.

Visitacion Valley Middle School on the Move! Countdown Leads to Graduation Ceremony

It's almost time for the 8th grade countdown, designed to keep students on task until the last day of classes at Visitacion Valley Middle School (VVMS). All 8th graders begin with 50 points, which are deducted either for receiving disciplinary referrals or being late to class. Although points determine if students can participate in year end school activities, the countdown has no connection to the promotion ceremony.
PROMOTION CEREMONY
All 8th grade students meeting the District's academic criteria are promoted to the 9th grade. Because 8th graders cannot receive more than four failing final (F) grades to be promoted, students not meeting academic criteria must attend summer school. Those not receiving more than four unsatisfactory "U" citizenship markings are eligible to participate in a promotion ceremony. Citizenship markings are tabulated at the end of each semester, when final grades are presented.
CHAMBER OF COMMERCE
Four members of the S.F. Chamber of Commerce who visited VVMS on Jan. 16 were impressed with both class instruction and student deportment.
TECHNOLOGY CONSTRUCTION
Construction continues in the computer lab with new walls being built in three computer labs and a control room nearly complete. Classrooms will soon be wired for computers.
KEY-SEC MEETING
Next Key-SEC meeting is scheduled for Feb. 27 in the VVMS library at 4:30 p.m. Key-SEC is similar to a

parent-teacher organization and offers parents an opportunity to participate in school functions.
FAMILY LITERACY NIGHT
Family Literacy Night is being scheduled at VVMS for Mar. 12, with well-read students, staff and parents sharing in food and a raffle.
BLACK HISTORY MONTH
Lunch with the mayor, morning announcements on significant African Americans and a special assembly on Feb. 21 will precede a soulful staff luncheon Feb. 24 as part of the Black Student Club's activities planned for Black History Month.
IMPORTANT SCHOOL DATES
Feb. 1: Student conflict manager training; 4-5: 7th grade integrated writing assignment; 7: Lunar New Year (no school); 12: Life Touch grade level photographs; 14: Valentine's Day dance, Honor roll assemblies; 17: Presidents Day (no school); 21: Black History assembly; 24: Staff development day (no school for students); 27: Key-SEC meeting at 4:30 p.m.
SOCCER DATES
Coach: Andrew Jackman; Feb. 3: vs. James Lick at Crocker 1, 5: at M.L. King at Crocker 3, 10: vs. Giannini at Crocker 1, 12: vs. Gloria Davis at Crocker 1; 18: at Rooftop at Crocker 1; 20: at Burbank at Crocker 1. Games begin at 3:30 p.m.
GIRL'S VOLLEYBALL
Coach: Century Faatua; Feb. 4 vs. Denman; 6: vs. Aptos; 11 at J. Lick; 13: at M.L. King; 18: at Giannini; 20: at Gloria Davis; 27 vs. Burbank; Mar. 4: at Hoover. Games begin at 3:30 p.m.

Wellness Class, Birthday Mardi Gras Dance at Diamond Senior Center

Wellness expert Diene See has resumed her classes on healthy living for seniors at the Diamond Senior Center. Classes are held every Tuesday this spring at 1 p.m. at 117 Diamond St.
Diamond Senior Center will also hold its February birthday party followed by a Mardi Gras Dance on Feb. 10 from 1 to 3 p.m. followed by a dance with music provided by the Rusty Band. Call 863-3507 for more information.

AT THE RANDALL MUSEUM
Sign ups begin 12:30 for 1 p.m. classes. Space is limited. No organized groups please. Some spaces can be reserved for members - call 554-9600 for information. Young Audiences Arts Card holders receive a 2 for 1 discount. \$5-10 a person sliding scale. Adults must accompany children under 8.
*FEB. 1: Lion Head Rattles: Get ready for the Chinese New Year of the Ox by making a lion head rattle out of clay.
*FEB. 8: Pop-up Valentines: Make delightful valentines that pop out at you when you open them up for all your loved ones.
*FEB. 15: Listen to This Story: Stories to delight, educate and entertain. Two dynamic, professional storytellers will take your breath away with their range and skill.
*FEB. 22: African American Inventions: Many important inventions are the work of African Americans. Re-create some fascinating historical inventions from recycled materials and let them inspire you to invent something of your own.
FAMILY CERAMICS
Try a variety of fun clay projects in an enjoyable introduction to clay work for all ages from 10 to 11:15 a.m. on Saturday Feb. 1, 8, 15 and 22.
FREE ON SATURDAYS
Animal Feeding at 12 noon; Animal Talk at 2:15 p.m.; Model Railroad Exhibit on Feb. 8 and 22 from 12:30 to 5 p.m.

The State of Recycling: 1996 in Review

By David Assmann
S.F. Recycling Program
San Francisco residents made 1996 a record year for recycling. We recycled more than 111 million pounds of paper, glass, aluminum, steel and plastics last year -- up almost 17 million pounds from 1995. That's more than 340 pounds of recyclables per household!
But while this total is impressive, we still have lots of room for growth. We're currently recycling about one-third of what's recyclable through the curbside and apartment recycling program. And we still have a long way to go to achieve the state mandated goal of reducing waste by 50 percent by the end of the decade.
Paper, including newspaper, remained at the top of the list of materials recycled, making up more than two-thirds of all recyclables collected. The next most recycled material was glass, accounting for about one-fifth of the total.
Special promotional campaigns to promote recycling were held in 15 neighborhoods in 1996, including the Castro, Diamond Heights, Dolores Heights, Eureka Valley, Glen Park, the Haight, Hayes Valley, Miraloma Park, Noe Valley, South of Market, Sunnyside, Tenderloin, Twin Peaks, Western Addition and the West Portal neighborhoods. On average, recycling went up more than seven percent above the city-wide increase in these neighborhoods, with South of Market putting in a stellar performance with a 22 percent increase. More than 25,000 households were called during the campaigns.
1996 was also the first year for the Shop Smart campaign, designed to bring supermarket shoppers messages about how to prevent waste and buy recycled products while grocery shopping. This campaign reached hundreds of thousands of San Francisco residents through displays in 23 supermarkets. The campaign, which was a regional effort including 100 cities and counties, and 225 supermarkets has won national acclaim. It was awarded the National Recycling Coalition's 1996 Beth Boettner Award for Outstanding Public Education, the 1996 National Association of Counties' Achievement Award for Environmental Protection and Energy, the 1996 California Resource Recovery Association's Waste Prevention Award and the 1996 California Local Government Commission's Waste Prevention Edu-

cation Partnership's Award of Excellence. This year's Shop Smart campaign is now in full swing in 50 supermarkets around San Francisco. Look for it where you shop between now and the end of the month.
Other 1996 recycling highlights included:
*The eighth annual phone book recycling campaign, which resulted in the collection of more than 2 million pounds of telephone books.
*The ninth annual Christmas tree recycling program, which resulted in the collection and recycling of more than 44,000 trees.
*Discount compost bin sales, which resulted in the distribution of more than 2,700 compost bins.
1997 is shaping up to be an even more exciting year for recycling in San Francisco. Several new programs will be offered in selected neighborhoods to evaluate their potential. For example, some residents will be given a second recycling bin just for paper (instead of putting paper in a paper bag or tying in with string, paper will be put out in a separate container). In another program, yard waste and food scraps will be collected in an effort to test the viability of an ongoing organics collection program. And changes will be made to the neighborhood clean up program in order to recycle some of the materials put out by residents instead of sending them to the Altamont landfill.
If you are one of the residents selected to participate in the test programs, you will receive notification prior to the beginning of the programs.
And if you can't wait to start composting, we still have a limited number of compost bins left for only \$24.50 (they retail at more than \$90). You can also attend a free composting workshop on Saturday, Feb. 8 at 10 a.m. at St. Mary's Youth Farm on Alemany Boulevard near Ellsworth Street, or on Sunday, Feb. 23 at 2 p.m. at the Garden for the Environment, 7th Avenue and Lawton. Call the San Francisco League of Urban Gardeners at 285-7584 for more information.
Finally, all of our efforts are helped tremendously by volunteers. If you are interested in helping recycling in a hands-on way, come to one of our volunteer meetings. They're held the first Tuesday of every month at 5:30 p.m. at our offices at 1145 Market St., Suite 401 (Civic Center BART/Muni station). Call 554-3400 for more information.

Close the Recycling Loop:

- Choose recycled packaging: steel, aluminum & glass.
- Look for "Made with Recycled Content" on products & packaging.

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- Reuse bags, containers and products.

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- Foods Co.
- Rainbow Grocery Cooperative
- Safeway, Inc.

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For more information call 554-RECYcle.

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RENO TRIPS	HOLIDAY CELEBRATIONS

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Pat Crocker : Director

Arguements Against Garbage Rate Hike

From Page 1

of San Francisco, the site is just too small.

Our Committee and community were assisted by Environmental Law Community Clinic of Berkeley and the Golden Gate University Environmental Law and Justice Clinic when the law clinics reviewed and wrote additional comments on the Sanitary Fill Environmental Impact Report (EIR). Compliance to the California Environmental Quality Act (CEQA) and the Public Comment and Responses to the EIR will be monitored by the law clinics.

Any assistance or information that your office can provide our community or the law clinics will be greatly appreciated.

Thank you for your time and concern.

Ralph Oroquita

Sen. Kopp replied

Dear Mr. Oroquita:

Thank you for your letter of Jan. 11, 1997 respecting the proposed Norcal garbage rate increase.

On behalf of the San Francisco Taxpayers Association, which I chair, I sent the enclosed letter to Mr. Primeau protesting the recommended order. The protest is based on the City's refusal to recognize Norcal's companies as a single entity for rate setting purposes. If this were to occur, no increase could be justified.

I believe the points presented in your letter are salient and congratulate you for presenting them to the rate board.

Sincerely Yours,

Ouentin L. Kopp

Enclosed was this letter sent Dec. 4, 1996 by Sen. Kopp to Department of Public Works Director Mark Primeau.

Dear Mr. Primeau:

On behalf of the San Francisco Taxpayers Association, I congratulate you for your thorough evaluation of a complex rate application carefully engineered to obfuscate significant financial issues and deceive the rate paying public.

Respecting one such issue, ESOP contributions, you accurately note that the savings from such contributions are short-term, and therefore recommended that ESOP expense no longer be included in the rate base, since savings no longer exist and the burden of sustaining such contributions is placed on the taxpayer. Essentially, the ESOP expense is nothing more than a means to service the inordinate debt generated by the Leveraged Buy Out (LBO) created by Norcal management. Your accurate assessment of that aspect of the application, and your recommendation for a 8.5 percent increase sought by Norcal -- will save taxpayers millions of dollars. I congratulate you.

The San Francisco Taxpayers Association disagrees, however, with your

Exploratorium Video Presentation Honors Black History Month

In *Inspiring Black Scientists and Inventors*, a special video presentation in honor of Black History Month, Exploratorium Explainers reflect on the inspiration they have gleaned and incorporated into their lives as a result of African American scientists and their work.

Discoveries of black scientists and inventors have been incorporated into Exploratorium exhibits, most notably the work of experimental physicist James West, co-inventor of tell-tale electrodes which help convert sounds into electrical signals in hearing aids, memory telephones and smart information terminals.

Explainers are high school students of diverse backgrounds who serve as the sole museum guides to the Exploratorium, located inside the Palace of Fine Arts at 3601 Lyon St.

Inspiring Black Scientists and Inventors is on view Tuesdays through Fridays from 10:30 a.m. to 12:30 p.m. in the museum's McBean Theater, presented free with regular Exploratorium admission. Call 563-7337 for more information.

S.F. School Volunteers Workshops in February

S.F. School Volunteers will be holding free workshops for parents and school volunteers on Saturday, Feb. 22 at Rosa Parks Elementary School, 1501 O'Farrell St. from 9:15 a.m. to 12 noon. Three complete workshops will cover math, writing and motivational skills. Call 274-0250 for more information or to reserve space.

recommendation to continue to permit Sunset Scavenger Company to establish rates as though a separate entity from Golden Gate Disposal Company. Clearly it is not. Sunset Scavenger and Golden Gate Disposal enjoy an absolute monopoly in San Francisco, no competition exists. Furthermore, they are one entity, owned and operated by the same company, Norcal.

Historically, San Francisco has used Sunset Scavenger Company's commercial business to subsidize the residential and apartment house portion of its business. By inclusion of such revenue sources, the City established the existing operating ratio of 91.5 percent pre-tax profit and/or 5 percent after-tax profit. As noted, Golden Gate Disposal's operating ratio -- even with questionable operating expenses noted on its income statements which have traditionally been denied by the City for use as "allowable expenses" by Sunset -- still exceeds 74 percent, thus creating a profit margin of 26 percent. The City must, therefore, insist that both companies be treated as what they are: a single entity. If that would occur, no increase is justified. The exorbitant salaries of several Norcal employees demonstrates that excess profit exists. If that were not the case, how could two executives earn \$268,922 annually, and one, including bonuses, earn more than \$1,000,000 annually?

We, therefore, submit the following responses to the staff report.

1. On page 29, paragraph two in the section titled "Consolidation," states in part: "Under current rate setting procedure, the collection rate is set on the basis of only the Sunset Scavenger Company's adjusted expenses for both residential and commercial operations."

Our Response: The City recognizes that although it has regulatory authority over only residential and apartment house rates, it nonetheless includes the commercial revenue source in formulating and establishing residential and apartment rates throughout the entire City, including Golden Gate's service area. Having implicitly admitted the propriety of doing so with Sunset, it should also do so by including Golden Gate's commercial revenues.

2. Paragraph three also states in part: "Only residential rates are regulated, and it has been argued in past

proceedings that Sunset Scavenger is a better indicator of residential costs than Golden Gate..."

Our Response: Such was true but applicable only when Sunset Scavenger and Golden Gate were separate and distinct operating entities.

3. Paragraph three further states: "Sunset Scavenger submits combined residential and commercial costs...as it would be difficult to segregate collection costs by type of customer account...as the residential, apartment and commercial accounts are served by the same route truck."

Our Response: Such reconfirms the City's traditional policy of including commercial revenues in the rate setting formula applied to the entire City.

4. Paragraph one on page 30 states in part: "In fact, while the two companies are owned by the Norcal ESOP they are separate corporate entities with separate management and operating structures. Each company files audited financial statements...It is clear that companies are not a single operating entity..."

Our Response: If Sunset Scavenger and Golden Gate Disposal actually operated in a competitive environment, they would undoubtedly merge their operations to eliminate duplication of management, administrative facilities, operations, truck and garbage facilities, dispatching payrolls, property leases and numerous other factors, which would significantly reduce overall operating expenses and increase profits. Because no competition exists, however, no voluntary incentive to merge exists.

5. Paragraph 2 on page 30 states: "Consolidating the companies for rate making purposes would have the effect of applying Golden Gate Disposal's profits from its unregulated commercial activities...would likely be considered confiscatory...My recommendation for maximum residential rates, which are regulated should not effect the ability of the customers to negotiate a fair and reasonable rate."

Our Response: Such consolidation is precisely the same policy the City applied to Sunset in past years by including commercial revenues to establish the operating ratio and/or profit, so it can hardly be considered confiscatory. Additionally, since competition doesn't exist, how can any commercial account "negotiate fair and reasonable rates?"

6. In paragraph three, the staff report implies that Norcal offered the following response to consolidation: "If we submitted rate application based upon the actual costs of providing residential waste services, it would result in even higher rate increases for residential customers."

Our Response: This statement is indisputable, but, as stated earlier, it is in Norcal's best interest to keep the companies separate for rate making purposes. Clearly, if the residential rate payers were made to pay for the actual costs of providing services for that segment of the revenue source alone, rates would be higher than present or projected levels. The City in past policy, however has concluded that the highly profitable commercial source of revenue should be used as compensation for rate payers to balance the exclusive franchise to collect garbage granted the companies.

7. The report concludes that: "Under the terms of the Initial Ordinance, the City is limited in what can be done for rate setting purposes. I am satisfied that the current arrangement results in reasonable rates for the San Francisco customers."

Our Response: Such conclusion is unsatisfactory. Past City policy has permitted the inclusion of commercial income in the establishment of residential and apartment house rates throughout the City. Current City policy must do the same by recognizing Sunset Scavenger and Golden Gate Disposal as one operating entity for rate setting purposes. Failure to do so results in higher prices for the rate paying public and the continued waste of resources by Norcal.

Sen. Kopp also sent this letter on Dec. 24, 1996 to William Lee, chairman of the San Francisco Refuse Collection and Disposal Rate Board.

Dear Mr. Lee:

On behalf of the San Francisco Taxpayers Association, I write to object to Mr. Mark Primeau's Recommended Order respecting the proposed rate increase for Sunset Scavenger, Golden Gate Disposal and Sanitary Fill Companies, owned and operated by Norcal Waste Systems.

While we are pleased with Mr. Primeau's accurate assessment of Norcal's ESOP expense -- which will save the rate-paying public millions of

dollars -- we disagree with his consolidation assessment.

Simply stated, Sunset Scavenger, Golden Gate Disposal and Sanitary Fill constitute a single operating entity. Recognition of that fact by the City could save San Francisco rate payers \$10 million annually and render a rate increase unjustifiable. While Mr. Primeau is correct in stating that Sunset Scavenger and Golden Gate Disposal operate as separate entities, he ignores the reason for separate operations: profit for Norcal Waste Systems at the public's expense.

If Sunset Scavenger and Golden Gate Disposal were recognized as a single operating entity, as clearly they are, the proposed increase would be unjustified using the City's method of establishing residential and apartment house rates. A simple consolidation of the companies' income statements, based on the data supplied the City by the companies and including all income sources, produces a 9.5 percent pre-tax profit.

In summary, the City has provided a single entity, which grosses more than \$100 million annually, with a virtual monopoly and a guaranteed profit. Still, the entity continues to apply for additional rate increases to the detriment of rate payers. Such rate increases are only justifiable if Golden Gate Disposal and Sunset Scavenger are viewed as separate companies. (Even so, such justification is questionable, as Mr. Primeau's analysis has shown.) Unquestionable, however, is the lack of justification for a rate increase if Sunset Scavenger and Golden Gate Disposal Companies are recognized as a single entity. Unquestionable also is the City's obligation to recognize the companies as such to save rate payers millions of dollars. We urge the City to fulfill its obligation and recognize Sunset Scavenger and Golden Gate Disposal as a single operating entity.

Sincerely yours,

Ouentin L. Kopp

Chairman

Crossword Solution

From Page 6

• • S H A K E R • •
• S T A R • A I M •
• S T O V E • S O A P •
• T A P E • A T T I C •
• • • N O T • • • N T •
• R A • N E W • • • •
• A B A T E • H O J E •
• N E R O • F E V E R •
• T I N • A R E A •
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SABRINA SMITH FLORAL DESIGNER

In light of the great Dr. Martin Luther King, Jr.'s birthday being celebrated on January 20th, the kids at Visitacion Valley Community Center's afterschool Photo Club took time to take pictures and ask staff members to comment on Dr. King's life in their own words. Here are some quotes, collected by the kids:

The Photo Club would like to thank Oyende, Marie, Julie, Pat, Treasure, Linda, Anthony, Walter and Gregg for taking time to pose for pictures and make comments.

"He taught us that people shouldn't be judged by the color of his skin."
 "He taught us that everybody should be treated with respect."
 "He was a great leader for all Americans."
 "His dream was to have people of all colors live in harmony and peace."
 "He fought for all people's right to vote."
 "Dr. King was a very good role model for a lot of people.
 He had a dream and maybe one day his dream will bring everybody together."
 "I feel Martin Luther King was a great man who believed in peace and unity for all people."
 "He fought for the rights of all people."
 "He led a march."
 "He was a civil rights leader."
 "He was a prophet."
 "He was a peaceful man."
 "He was a very good man."
 "He died too young."

Photos, interviews and editing by:
 Amee, Brandon, Connie, Jacquelyn, Maraysha, Roshae and Tony.



Fat and Fat Replacers Benefits of Balance

Fear of fat has been one of the driving forces for consumers in the 1990s.

Public health messages which cautioned against over consuming fats were misunderstood at all levels of American society. Trying to avoid – or even eliminate – fat has become a national obsession in the battle against obesity, heart disease and other 20th century ailments. Not surprisingly, 60 percent of consumers report that fat is the food component they are most concerned about, according to the Food Market Institute's 1996 survey, *Trends in the United States*.

While Americans have reduced fat intake, total calorie intake and obesity are on the rise. Clearly, there is a disconnect between what science and health professionals know and what consumers understand about the role of dietary fats and fat replacers in a

healthful diet and the impact of overall calorie consumption.

To help bridge the fat and calorie communication gap, the International Food Information Council recently held a roundtable, *Fats and Fat Replacers: The Benefits of Balance* in Chicago. The one-day event brought together journalists, scientists, health professionals and industry representatives to discuss specific topics such as fat intake, the functions of fats and fat replacers, and the role of lower-fat foods in a healthful diet. The diverse professions and backgrounds of the participants provided a spirited and multifaceted dialogue.

Presenters and participants at the roundtable agreed that a healthful eating style is best achieved by choosing a diet naturally low in fat and saturated fat, and using low-fat products to maintain an ideal weight. Discussions addressed concerns that too much emphasis has been placed on extreme measures, such as avoiding fats. Consequently, consumers tend to

overcompensate for using low-fat foods by overeating, thereby increasing calorie intake. Participants agreed that more attention needs to be given to the issue of calories.

The bottom line from both the plenary session and the roundtable discussions was the time-honored nutrition mantra, "balance, variety and moderation" in all things, including fats and fat replaced foods.

"Nothing replaces variety and moderation. Absolutely nothing," said Dr. Dennis Gordon, professor and chair of the department of cereal science at North Dakota State University. "And moderation is not elimination."

International Food Information Council

A Full Stomach May Mean Better Grades

When and what children eat may make a difference in how well they do in school, according to researchers at the Hebrew University in Jerusalem.

The research team, led by Dr. Nachum Valsman, studied 569 fifth and sixth graders in five elementary schools. They found that children who ate 30 minutes before a test scored significantly better than those who ate two hours before or skipped the meal.

"This study suggests that when you eat, or what you eat, may have an effect on mental performance," said Dr. Velsman.

During the two-week trial period, two-thirds of the students were given sugared corn flakes and milk at school. The rest ate breakfast at home, which usually consisted of chocolate milk and biscuits or corn flakes and milk, or skipped breakfast. On the fast day of the study, all the students took standardized tests 1 1/2 to 2 hours after arriving at school. Those who ate at school had better scores than those who ate at home or skipped breakfast.

The study appeared in the *American Medical Association's Archives of Pediatrics and Adolescent Medicine*. The researchers recommended that more studies be conducted to determine if a

relationship exists between content and food, when the food was eaten and scholastic performance.

The relationship between eating a morning meal and cognitive performance has been examined since the 1930s. While early studies suggested a positive relationship between breakfast and performance, many were inconclusive due to flaws in the design or small sample size. Within the past 20 years, however, well-controlled studies indicate that increases in blood sugar just before – and possibly after – a learning session improve the ability to think and learn.

The 1995 International Symposium on Breakfast and performance reviewed the scientific literature about the importance of breakfast to learning, memory and physical performance among children and adults. The symposium concluded that skipping breakfast may inhibit children's ability to utilize new information as well as their verbal fluency, problem-solving skills and attention control. Furthermore, research has shown that eating breakfast positively affects cognitive functions among younger and older adults as well as children.

International Food Information Council

Happy New Year

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Historic Proportions

Match clues to answers
1951

- 1. He's fired by the president on Apr. 11.
- 2. Champions of baseball.
- 3. First of these open on Feb. 25.
- 4. These containers become a household word.
- 5. He begins to torment the funny papers.
- 6. On May 26, he becomes an icon for inquisitive youth.
- 7. They become champions of the NBA.
- 8. Happy Trails start on Dec. 30.
- 9. She was singing *Come On-a My House*.
- 10. On Oct. 15, They're neighbors in New York.
- 11. It is dedicated on June 14.
- 12. Synthetic introduced on Mar. 21.
- 13. On March 18, he signs a 30-year contract.

- 14. They took the NFL crown.
- 15. Best Picture at the Academy Awards on Mar. 29.
- 16. On Oct. 25, he's again in power in Britain.
- 17. Most Outstanding Personality at the Emmy Awards on Jan. 23.
- 18. Baseball's smallest player goes to bat on Aug. 19.
- A. Groucho Marx
- B. All About Eve
- C. Dacron
- D. UNIVAC
- E. Rosemary Clooney
- F. Milton Berle
- G. Los Angeles Rams
- H. Winston Churchill
- I. I Love Lucy
- J. Roy Rogers Show
- K. Eddie Gaedel
- L. Dennis the Menace
- M. Tupperware
- N. Gen. Douglas MacArthur
- O. Pan American Games
- P. New York Yankees
- O. Rochester Royals
- R. Mr. Wizard

Answers: 1-N; 2-P; 3-O; 4-M; 5-L; 6-R; 7-O; 8-J; 9-E; 10-I; 11-D; 12-C; 13-F; 14-G; 15-B; 16-H; 17-A; 18-K.

Grapevine Crossword

- ACROSS
- 1. Disperser
 - 6. Headliner
 - 7. Direct
 - 9. Furnace
 - 10. Detergent
 - 12. Recent
 - 13. Left
 - 14. Negative
 - 16. New Testament
 - 17. Richum
 - 19. Recent
 - 21. Subside
 - 24. Inbe
 - 28. Emperor
 - 29. Excitement
 - 30. Atrial
 - 31. Place
 - 32. More Beloved
- DOWN
- 1. Half
 - 2. Own
 - 3. Be
 - 4. Direction
 - 5. Brawl
 - 6. Station
 - 8. Lead
 - 9. Saint
 - 11. Percentage
 - 13. Consistent
 - 15. Single
 - 17. Sprinted
 - 18. Aerial
 - 20. Place
 - 22. Perched
 - 23. Pitch
 - 25. Finished
 - 26. Ocean
 - 27. Emergency Room
 - 29. Distant



This Month in S.F. History

- FEBRUARY
- 2: In 1949, the Treaty of Guadalupe Hidalgo was signed, ending the Mexican-American War and officially ceding California to the United States.
 - 3: In 1918, street cars began running through the Twin Peaks Tunnel, completed in 1917.
 - 11: In 1954, select major streets were first illuminated using coal gas. In 1936, construction started on Treasure Island - an 18,768,000 square foot fill adjacent to Yerba Buena island - to serve as location of the 1939-40 Golden Gate International Exposition.
 - 12: In 1951, the Adelphi Theatre hosted La Sonnambula, the City's first grand opera. In 1945, San Francisco was selected site of the United Nations Conference.
 - 15: In 1861, Fort Point - under construction for many years - was finally completed, housing two companies of the 3rd Artillery. In 1880, the Geary St. Railroad

- opened, providing the first rail service to the ocean. In 1917, the S.F. Public Library in the Civic Center was dedicated.
- 18: In 1959, bondsmen were designated creating San Francisco as a county. In 1939, the exposition opened its first year at Treasure Island, with 50 cents for adults and a quarter for children under 12.
- 20: In 1916, the Panama Pacific Exposition opened its gates.
- 29: In 1991, the first of many bison were purchased for Golden Gate Park. In 1933, Crissy Field in the Presidio hosted ground-breaking ceremonies for construction of the Golden Gate Bridge.
- 27: In 1907, the Farallone Islands, once infested during the gold rush by profit-seeking egg poachers, was officially sanctioned a Federal Bird Reserve.
- 28: In 1849, the 1,050 ton steamer California arrived in S.F. Bay. Although 1,500 people sought continuing transport from Panama, the 200 foot-long ship - built for 200 passengers - carried nearly 400 for 42 days - first of the forty-niners.



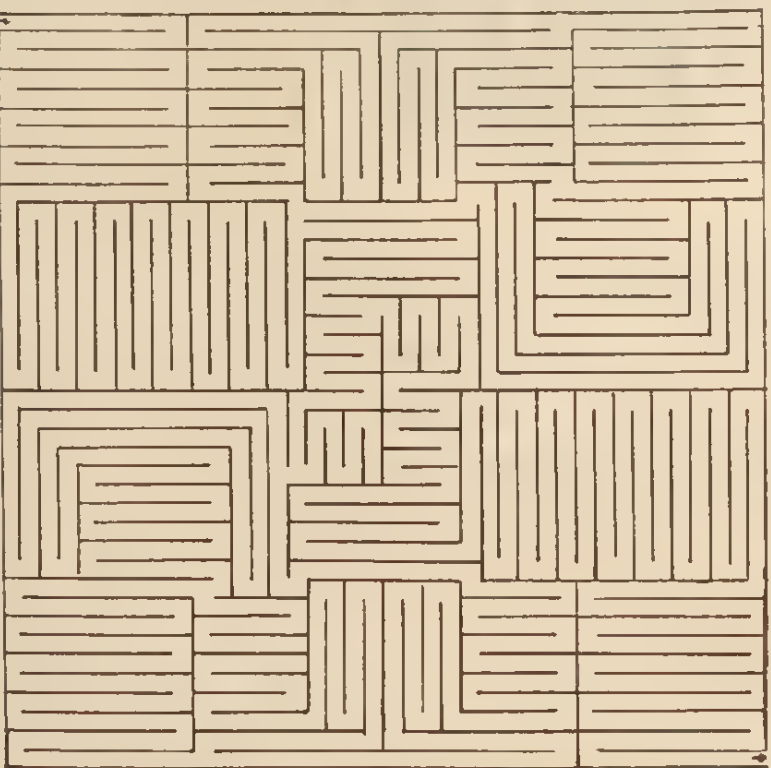
Soz Who?

Match quotes to speakers

- 1. An editor is someone who separates the wheat from the chaff and then prints the chaff.
- 2. Grown up, and that is a terribly hard thing to do. It is much easier to skip it and go from one childhood to another.
- 3. It is well known what a middleman is: he is a man who bamboozles one party and plunders the other.
- 4. Early to bed, early to rise, work like hell and organize.
- 5. Since people are going to be living longer and getting older, they'll

- just have to learn to be babies longer.
- 6. If you attack the establishment long enough and hard enough, they will make you a part of it.
- 7. Only dull people are brilliant at breakfast.
- 8. I'm not confused, I'm just well-mixed.
- 9. We estimate the wisdom of nations by seeing what they did with their surplus capital.
- A. Benjamin Disraeli
- B. Oscar Wilde
- C. Art Buchwald
- D. Andy Warhol
- E. Adlai Stevenson
- F. Robert Frost
- G. F. Scott Fitzgerald
- H. Ralph Waldo Emerson
- I. Vice President Al Gore

MINUTE MAZE



Answers: 1-E; 2-G; 3-A; 4-I; 5-D; 6-C; 7-B; 8-F; 9-H.

Grapevine Puzzler

HUBBARD SOIAT TRIERAEREHTAEWRIA FGB
UHYTEAWITFRRLIEIETWBL LIHC RUHCNIRL
MAHATA SOIOYUIEDROFFOOTSAEBTRMOAA
BKCNLNRUBKCALBYARCNGOASPOOCES IYN
OJDSTRIUPSARAAIDRAVRAHRNITIEESMKSC
LLHDEWRHNR EOMTNTNEENICFTHEPTQJPA
DWISCUMIAISSTAHEANAIFOH OEREOWHEP
TGTSHEAYTTTNOCGIAC TYOMT LSETNFIAE
EC SOVASLAHONYESDRGMWEENG NVLEBAKA
ZBSUABSEALNORTH PALISADENEUANRYMK
HRHTLOINBIETDNAAARNEHNZVKNOLEKDN
COOHEOVNUBIENARLDGCAEIAOICTEUEEN
KWSBIEBGENCANMOIOHV OVNO CNIDONUC
INEUZITRETTNUIMIAEAWSRSHUACLONEO
UETTTNSSTNTUIQZYCEAGNHRNHEVACIEIEM
HTNRACEWAYRROTREKAROF LONGSPEAKEP
MOEECOORMCUPASWULYCEBEWWR AORETNA
NWHSCLEAAAHIBA EHSNAGEDME EYHATJKH
HECSINHNTPTTATITTSIRHG AUGUSH AHLG
YRKTHOTGLSRBAS HART EKDESNEAAWBBER
ISAOUOPEAAAEENIICNWNLCPSOLEIOEWME
OIEHA SOLTCHONEIOHEELMDES ESTGIEL
WOPDTSPLCMMCSROO OTCNYSBOTRULNQ
QSSELEOHUUA SRFDORSHOHEAHTNREALOW
GAETWRC TEWZEAMGNAMRWHTERDEENCITN
TNKHM TARYUZSCICTMICTTARHLIBTHASO
EWIISUTE EBUA TWUSSOBERCKIRDLOEMRT
LTPKT BETTTTRHIRUOSSIMRDROFLEBWSEE
EBHQOTPCITCLKDREBRWTULENIEASOOVC
ELTMESEIAASTELIASFCEELAPLATANNLI
TERWHAETOAOSTELISUEEOHIOFHTRENIAR
SNEFFELSNDAASIDROFNASSECCUSTNIO P

- | | | | | |
|----------------|---------------|-------------|-----------------|---------------|
| McKinley | Vancouver | Harvard | Wilson | Tabeguache |
| Logan | Churchill | Rainer | White | Offord |
| Citlattepec | Fairweather | Williamson | North Palisade | Sneffels |
| St. Elias | Zinantecati | Blanca Peak | Shavano | Point Success |
| Popocatepetl | Hubbard | La Plata | Belford | Democrat |
| Foraker | Bear | Uncompahgre | Princeton | Capitol |
| Iztaccihuatl | Walsh | Crestone | Crestone Needle | Liberty Cap |
| Lucania | East Buttress | Lincoln | Yale | Pikes Peak |
| King | Matlalcueytl | Grays Peak | Bross | Snowmass |
| Steele | Hunter | Antero | Kit Carson | Windom |
| Bona | Alverstone | Torres | Wrangell | Russell |
| Blackburn | Browne Tower | Castle | Shasta | Eolus |
| Kennedy | Whitney | Quandary | Sill | Columbia |
| Sanford | Elbert | Evans | El Diente | Augusta |
| South Buttress | Massive | Longs Peak | Maroon | Missouri |
| Wood | | McArthur | | Humboldt |

Non-Native Speakers Can Learn English By Watching TV

A new instructional series for teaching English to speakers of other languages is scheduled for broadcast as a City College of San Francisco Telecourse during the spring semester. *Crossroads Cafe* is a 26-episode series centering around six likeable characters experiencing all the drama and humor of everyday life at a neighborhood cafe. Students of English as a Second Language (ESL) in this intermediate level non-credit course watch

the video on their own in addition to attending one class weekly. Learners watch each episode, which includes two video sidebars: *Culture Clips*, a documentary style segment which focuses on cultural issues portrayed in the story, and *Word Play*, a colorful animated segment which demonstrates the appropriate language to use. *Crossroads Cafe* will be broadcast on Tuesdays, beginning Feb. 11 at 11:30 a.m. on TCI Cable Channel 52 in San Francisco.

Sewing Class at VVCC

S.F. City College is offering a wide array of free non-credit sewing classes this semester, one of which began at the Community Center on Jan. 21. Classes are held on Thursdays from 9 a.m. to 3 p.m. at 50 Raymond Ave.

Recipe of the Month

BEEF WITH HOT SAUCE
3 lbs. beef chunk roast; 1/2 cup chopped onion; 1/2 cup chopped celery; 1/2 cup chopped green pepper; water (as required); 1-1/2 cups catsup; 3 tbsps. hot taco sauce; 2 tbsps. brown sugar; 2 tbsps. vinegar; 2 cloves garlic, minced; 1 bay leaf; 1 tsp. salt; 1 tsp. dry mustard; 1 tsp. chili powder; 8 hamburger buns.
Place meat, onion, celery and green pepper in Dutch oven; cover with water. Cover tightly and cook slowly 2-1/2 to 3 hours or until tender. Remove meat; cool, shred and return to cooking liquid. Add catsup, taco sauce, brown sugar, vinegar, garlic, bay leaf, salt, mustard and chili powder. Cook slowly 1 hour. Remove bay leaf; serve on buns. Serves 8.

FIVE YEARS AGO IN THE GRAPEVINE




FEBRUARY 1992
*Sanitary Fill Company filed a Notice of Intent to expand the existing Household Hazardous Waste Facility at 501 Tunnel Ave. to accommodate additional residential use and a new service for businesses generating very small volumes of hazardous waste.
*Residents and members of the Visitation Valley community planned to meet at City Hall Feb. 10 to show support for Assembly Speaker Willie Brown.

SUMP, THE GRUMP



Famous Birthdays

- FEBRUARY**
- 1: Don Everly (1937); Sherman Hemsley (1938); Rick James (1952); Garrett Morris (1919); Bill Mumy (1954); Lisa Mene Presley (1968); Stuart Whitman (1926); Boris Yeltsin (1931).
 - 2: Amanda Blake (1931); Christie Brinkley (1954); Garth Brooks (1962); Farrah Fawcett (1947); Gale Gordon (1908); James Joyce (1882); Graham Nash (1942); Tom Smothers (1937).
 - 3: Joey Bishop (1919); James Bridge (1936); Victor Bouno (1938); Thomas Calabro (1959); Dave Davies (1947); Morgan Fairchild (1950); Norman Rockwell (1894).
 - 4: Michael Beck (1949); Clint Black (1962); David Brenner (1945); Nigel Bruce (1895); Alice Cooper (1948); Charles Lindbergh (1902); Ida Lupino (1914); Dan Oauey (1947).
 - 6: Hank Aaron (1934); Red Buttons (1919); Barbara Hershey (1948); Jennifer Jason Leigh (1962); Roger Staubach (1942).
 - 9: Tom Brokaw (1940); Natalie Cole (1950); Fabian (1943); Mike Farrell (1939); Zsa Zsa Gabor (1917); Patrick Macnee (1922); Ronold Reagan (1911); Rip Torn (1931); Michael Tucker (1944); Marnie Van Doren (1933).
 - 7: Eddie Braken (1920); Charles Dickens (1812); Sinclair Lewis (1895); Gay Talese (1932).
 - 9: Gary Coleman (1968); Robert Klein (1942); Ted Koppel (1940); Jack Lemmon (1923); Audrey Meadows (1924); Nick Nolte (1940); Mary Steenburgen (1953); Lyle Talbot (1902); Lena Turner (1920); Jules Verne (1828); John Williams (1932).
 - 9: William Henry Harrison (1773); Mia Farrow (1945); Carole King (1942); Judith Light (1949); Roger Mudd (1929); Joe Peeci (1943); Bill Veeck (1914).
 - 10: Laura Dern (1967); Donovan (1945); Jimmy Durante (1892); Roberta Fleck (1939); Bill Tilden (1893); Robert Wagner (1930).
 - 11: Lloyd Benteen (1921); Sheryl Crow (1963); Thomas Edison (1847); Tina Louise (1931); Sergio Mendez (1941); Leslie Nielsen (1926); Burt Reynolds (1936); Sidney Sheldon (1917).
 - 12: Charles Darwin (1809); Joe Garagiola (1926); Arsenio Hall (1955); Abraham Lincoln (1809).
 - 13: Stockard Channing (1944); Peter Gabriel (1950); Kim Novak (1933); Oliver Reed (1938); George Segal (1934); Leslie Stevens (1924); Peter Tork (1944).
 - 14: Mal Allen (1913); Jack Benny (1994); Hugh Downs (1921); Florence Henderson (1934); Gregory Hines (1946); Alan Parker (1944); Meg Tilly (1960).
 - 15: Susan B. Anthony (1920); John Barrymore (1882); Ken
 - Curtis (1923); Galileo (1564); Mett Groening (1954); Harvey Korman (1927); Melissa Manchester (1951); Cesar Romero (1907); Jane Seymour (1951).
 - 16: Patty Andrews (1920); Edgar Bergen (1903); Sonny Bono (1935); James Ingram (1956); John McEnroe (1959); Vera-Ellen (1926).
 - 17: Jim Brown (1936); Margaret Truman Daniel (1924); Michael Jordan (1963); Hal Holbrook (1923); Lou Diamond Phillips (1962); Gene Pitney (1941); A. Montgomery Ward (1843).
 - 19: Helen Gurley Brown (1922); Matt Dillon (1964); George Kennedy (1925); Juice Newton (1952); Jack Palance (1920); Molly Ringwald (1968); Cybill Shepherd (1950); John Travolta (1954); Vanna White (1957); Wendell Willkie (1892).
 - 19: Prince Andrew (1960); Justine Beteman (1966); Lou Christie (1943); Nicolas Copernicus (1473); Jeff Daniels (1955); Falco (1957); Smokey Robinson (1940); Forrest Tucker (1919).
 - 20: Ansel Adams (1902); Charles Barkley (1963); Cindy Crawford (1966); Sandy Duncan (1946); J. Geils (1946); Frank Jordan (1935); Alexei Kosygin (1904); Jennifer O'Neill (1949); Sidney Poitier (1927); Andrew Shue (1967); Peter Strauss (1947); Gloria Vanderbilt (1924); Nancy Wilson (1937).
 - 21: Christopher Atkins (1961); Ernie Bombeck (1927); David
 - Geffen (1943); Ann Shendan (1915); Nine Simone (1933).
 - 22: Sparky Anderson (1934); Drew Barrymore (1976); Julius Erving (1950); Ted Kennedy (1932); Sheldon Leonard (1907); John Mills (1908); George Washington (1732); Robert Young (1907).
 - 23: Sylvia Chase (1938); Peter Fonda (1939); George F. Handel (1685); Robert Novak (1944); Johnny Winter (1944).
 - 24: James Farentino (1939); Chester Nimitz (1885); John Vernon (1932); Abe Vigoda (1921); Honus Wagner (1974).
 - 25: Jim Backus (1913); Diane Baker (1938); Francisco Coronado (1510); George Harrison (1943); Sally Jessy Raphael (1943); Bobby Riggs (1919).
 - 26: Michael Bolton (1953); Johnny Cash (1932); Buffalo Bill Cody (1846); Fats Domino (1929); Jackie Gleason (1920); Betty Hutton (1925); Tony Randall (1929); Mitch Ryder (1945).
 - 27: Chelsea Clinton (1990); Howard Hesseman (1940); Ralph Nader (1934); Irwin Shaw (1913); Grant Show (1962); John Steinbeck (1902); Elizabeth Taylor (1932); Joanne Woodward (1930).
 - 29: Mario Andretti (1940); Gevud McLeod (1930); Bernadette Peters (1948); Bubbe Smith (1945); Tommy Tune (1939).
 - 29: Jimmy Dorsey (1904); Ann Lee (1738); James Mitchell (1920); Gioacchino Rossini (1792).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
VISITACION VALLEY TASK FORCE MEETING SATURDAY, FEB. 22, 10:30 A.M. AT 50 RAYMOND AVE.						
2	3	4	5	6	7	8
1:00pm VVCC Bingo	11:30am VVCC Seniors Shopping Day	12:30pm VVCC Senior Bingo		11:00am VVCC Senior Council Meeting 7:00pm ROBES meeting	12:00pm VVCC Seniors Painting Classes	
9	10	11	12	13	14	15
1:00pm VVCC Bingo	11:30am VVCC Seniors Shopping Day	12:30pm VVCC Senior Bingo 4:30pm Sunnydale Tenants Meet 7:00pm El Dorado N B C Meeting	6:00pm Executive Park Advisory Committee Lincoln's Birthday Ash Wednesday		12:00pm VVCC Seniors Painting Classes 	10:00am Fillets of Mr. Jean Park 10:30am VV Task Force Safety Committee Mesa Chinolet USA Pageant
16	17	18	19	20	21	22
1:00pm VVCC Bingo	11:30am VVCC Seniors Shopping Day 	12:30pm VVCC Senior Bingo 5:30pm Via Valley Neighborhood Collaborative meets		8:00pm Beacon Council meets	12:00pm VVCC Seniors Painting Classes	10:30am Via Valley Task Force at 50 Raymond 6:00pm Chinese New Year Parade 
23	24	25	26	27	28	
1:00pm VVCC Bingo	11:30am VVCC Seniors Shopping Day	12:30pm VVCC Senior Bingo 4:00pm VVCC Board Meeting		9:00am USDA Surplus Food Distribution Day at VVCC	12:00pm VVCC Seniors Painting Classes	
MARCH GRAPEVINE DEADLINE FEB. 20						

Federal Tax Changes

From Page 1

Jan. 1, 1997, now have until July 1, 1997, to begin using the Electronic Federal Tax Payment System.

the exclusion for employer-provided educational assistance, which had expired Dec. 31, 1994, has been retroactively extended through taxable years beginning before June 1, 1997.

Other business changes for this year or future tax years affect depreciable property, work opportunity tax credit, orphan drug tax credit, excise taxes and health insurance deductions for self-employed persons.

For more information on tax changes, call 1-800-829-3676 and get Publication 553, Highlights of 1996 Tax Changes.

The IRS has tax forms, publications and other information available on-line. Access through the Internet's World Wide Web (<http://www.irs.ustreas.gov>); file transfer protocol [ftp.irs.ustreas.gov](ftp://ftp.irs.ustreas.gov) or Telnet ([iris.irs.ustreas.gov](telnet://iris.irs.ustreas.gov)). To access by modem, dial (703)321-8020.

For those with access to a fax machine and not a computer, IRS can provide the most commonly used forms, many of the instruction sheets and the TeleTax topics. Dial (703)487-4160 from the fax machine.

AGE HAS TAX BENEFITS

There are benefits to getting older, at least when it comes to taxes. Some tax benefits become available starting at age 55.

A once-in-a-lifetime tax break is available to people age 55 or older. Those who are selling their personal

residence may qualify for the exclusion of up to \$125,000 of gain on the home sale. Certain use and ownership restrictions apply, and there are special rules for persons with disabilities and for widows or widowers.

People age 60 or older can get help with their tax returns from Tax Counseling for the Elderly (TCE). Through TCE, volunteers from many organizations provide free tax information and guidance. Local IRS offices have information on TCE locations.

Seniors age 65 or older may not have to file a tax return if their income is less than a certain amount. For 1996, that amount for single seniors is \$7,550. The limit for a married couple filing a joint return is \$12,600 if only one spouse is a senior, and \$13,400 if both are seniors.

Those who don't itemize deductions get a higher standard deduction than people under 65. And those who are

blind get an extra added amount.

Seniors or people with disabilities may qualify for the credit for the elderly or the disabled. This credit is based on age, income and filing status, and can reduce the amount of taxes owed. Those under 65 could be eligible if they retire with total and permanent disability and have income from their employer because of that disability.

The IRS considers persons to be age 65 on the day before their 65th birthday. So to the IRS, those who turn 65 on Jan. 1, 1997, are age 65 on Dec. 31, 1996.

For more information, get Publication 554, Tax Information for Older Americans, and Publication 910, Guide to Free Tax Services. Call 1-800-829-3676.

FEBRUARY NATIONAL PARK EVENTS

Call for reservations.

FORT POINT

*Candlelight Tour: 6:30 p.m. Feb. 8, 22 (561-4323).

OCEAN BEACH

*For Lovers of Plovers: Birdwatching at Ocean Beach seawall and Pacheco Street, 2 p.m. Feb. 14.

PRESIDIO

Visitor Center open daily 10 a.m. to 5 p.m. (561-4323); Museum open Wednesday through Sunday 10 a.m. to 4 p.m. (561-4323).

*Architectural and Cultural Landscape: Historic walk, 1 p.m. Feb. 9 (561-4323).

*Before the Americans Came: Spanish and Mexican colonizers of the 18th and 19th centuries, 10 a.m. Feb. 15 (561-4323).

*California Indian Lifeways: Learn about Native Americans once making the San Francisco peninsula their home, 3:30 p.m. Feb. 28 (561-4323).

*Civil War Medicine: How wounded and sick soldiers were cared for, 11 a.m. Feb. 22 (561-4323).

*Crisis Field Aviation Walk: Learn about its role in aviation history, 10 a.m. Feb. 8 (561-4323).

*Greet Scott: Two mile walk around Fort Winfield Scott, 10 a.m. Feb. 22 (561-4323).

*The Lee Gun: Demonstration of this last operational 50-ton gun of its kind, 10 a.m. Feb. 1, 2 (561-4323).

*Mountain Lake to Fort Point Hike: Retrace three miles of Anza's 1776 route, 10 a.m. Feb. 15 (561-4323).

*National Cemetery Walk: 12 noon Feb. 16; 2 p.m. Feb. 11 (561-4323).

*Pedaling the Presidio: Bike ride through the Presidio, 10 a.m. Feb. 8, 23 (561-4323).

*Presidio History Walk: 1 p.m. Feb. 1, 17 (561-4323).

*Valentine's Day Walk: 4:30 p.m. Feb. 14 (561-4323).

*Walk on the Wild Side: Plants, animals and geology, 1 p.m. Feb. 15 (561-4323).

*Women of the Presidio: They also called the Presidio home, 2 p.m. Feb. 16 (561-4323).

PACIFIC SHORE

Cliff House Visitor Center open daily 10 a.m. to 5 p.m. (556-8642). Fort Funston Visitor Center open daily 12 noon to 4 p.m. (239-2366).

*Dig in: Help restore dune habitat by planting with Fort Funston Nursery, 9:30 a.m. Feb. 8, 9 (239-2366).

*Once Upon a Campfire: Campfire story-telling at Fort Funston, 7 p.m. Feb. 22 (556-9642).

*Sutro Heights Stroll: 11 a.m. Feb. 20 (556-8842).

*Touring the Pest: Learn about the Cliff House, Sutro Baths and Sutro Heights Park, 11 a.m. Feb. 8 (556-8642).

Debilitating Disease Threatening More Than 25 Million Americans

Osteoporosis (Porous bone) is a debilitating disease characterized by low bone mass, resulting in bones that are susceptible to fracture. If not prevented, or if left untreated, the disease can progress painlessly until a bone breaks -- typically in the hip, spine or wrist -- and can lead to height loss, stooped posture, limited mobility and diminished independence. Osteoporosis threatens more than 25 million Americans. While 80 percent of those afflicted are women, osteoporosis affects one-third of all men by the age of 75.

Many people may not know that they have osteoporosis until their bones become so weak that a sudden strain, bump or fall causes a fracture or a vertebrae to collapse. Initially, collapsed vertebrae may be felt in the form of severe back pain or seen by height loss or spinal deformities such as stooped posture. According to the National Osteoporosis Foundation, the disease is responsible for 1.5 million fractures annually; hip, spine, wrist and ribs are the most common sites.

It is a common assumption that osteoporosis results from not drinking enough milk or eating enough dairy products. While diet plays an important role in the onset of the disease, genetics, environment and lifestyle factors also influence the likelihood of developing osteoporosis.

Women are about four times more likely to develop osteoporosis than men because of their generally smaller, lighter bones, rapid loss of bone at menopause and lower calcium intake. According to 1991 data from the National Health and Nutrition Examination Survey II (1988-1994), bone density is about 12 percent higher in black women than in non-Hispanic white women and nearly three percent higher in Mexican-American women than in non-Hispanic white women. Asian women and white women (particularly those of northern European ancestry) are at a much higher risk of developing osteoporosis than other women.

Fortunately, not all of the risk factors for osteoporosis are beyond control. An individual's lifestyle may account for a substantial proportion of the variance in bone density and, in turn, fracture risk. Lifestyle factors that increase the risk of osteoporosis include inadequate calcium and vitamin D intake, inactivity and alcohol abuse.

ASIANS AT RISK

According to the National Osteoporosis Foundation, Asian women are at an especially high risk for developing osteoporosis. The prevalence of vertebral fractures among Asians seems to be as high as that among Caucasians. However, in recent years, there has been a significant increase in hip fracture incidence in some parts of the Far East. It is estimated that by the year 2050 approximately half of the expected 6.3 million hip fractures worldwide will occur in Asia.

A number of factors put Asian Americans at a higher risk for bone fractures. These include:

***Bone Structure:** As a group, Asian women tend to be slender and have lighter bones with less bone mass than heavier or obese women. The less dense the bone, the higher the risk of fractures.

***Low Calcium Intake:** Asian women have an average calcium intake which is approximately half that of the Western population groups. Calcium is essential for building and maintaining healthy bones.

***Lactose Intolerance:** According to the National Center for Nutrition and Dietetics, approximately 90 percent of Asian Americans are lactose intolerant. Many people with this condition tend to reduce or eliminate dairy products from their diets, losing an important source of calcium.

PREVENTION PROGRAMS FOR ASIAN AMERICANS

The typical Asian diet is regarded

among health professionals as providing preventive benefits against heart disease because it is plant and grain based. However, many foods containing calcium -- such as milk, yogurt and cheese -- are not typical of the Asian diet. Adequate calcium intake, which is essential to any osteoporosis prevention program, is especially challenging for Asian women who tend to be lactose intolerant.

Teresa Mo, M.S., health coordinator for the Asian Seniors Health Promotion Project, a program of Asian Americans for Community Involvement, Inc. (AACI) in San Jose, finds the problem to be a very basic part of osteoporosis education. "Simply stated, it's difficult to find alternative foods that supply as much calcium as dairy products," said Mo. "In our osteoporosis lectures, we suggest that participants look to foods such as tofu, canned salmon, canned sardines, and dark green vegetables such as broccoli and bok choy for their calcium requirements. Calcium-fortified orange juice and calcium supplements are also good ways to boost calcium intake if one can't tolerate dairy products very well."

Unfortunately, programs such as AACI's, which include osteoporosis as a major area of health education, are few and reach only a fraction of the population who could benefit from the information. "Sadly, osteoporosis education is under-serving the Asian American community in the United States, although there are pockets of the country where the issue is beginning to be recognized as important, and programs are starting to form," said Karin Millie, chairperson for the New Jersey Osteoporosis Coalition Committee.

"I would hope to see continued emphasis in the media of messages from organizations like the National Osteoporosis Foundation on the importance of osteoporosis education for Asian American women," said Betty Lee Hawks, special assistant to the director of the U.S. Department of Health and Human Services' Office of Minority Health. "We need many more outreach programs and an improvement in awareness and prevention of the disease. The challenge in reaching Asian American women is developing information materials that are sensitive to both the content and form of the message, given the high prevalence of lactose intolerance in this population and the numerous languages spoken by its members," said Hawks.

AN OUNCE OF PREVENTION

To help prevent osteoporosis, the National Osteoporosis Foundation offers these guidelines:

***Eat a balanced, varied diet rich in calcium.** While dairy foods significantly contribute calcium, other foods like salmon and sardines, broccoli, spinach, and fortified orange juice and cereal are rich in calcium.

***Exercise regularly and participate in weight-bearing activities.** Walking for 30 minutes three times a week is practical and easy.

***Use alcohol in moderation.** For most women that means one beer, a glass of wine or 2 ounces of spirits a day.

The National Osteoporosis Foundation also encourages women to discuss with their doctor the possibility of having bone density measured at the onset of menopause. This sale, painless test can help detect osteoporosis before a fracture occurs and predict the likelihood of fracturing in the future.

International Food Information Council

GRAPEVINE ADVERTISING

Display: Full Page: \$150; 1/2 Page: \$80; 1/4 Page: \$45; 1/8 Page: \$25; 1/12 Page: \$15.

Want-Ads (Private Party): 20 words for \$1. Extra line 50 cents. Mail ad and payment by 20th of prior month to Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

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SAN FRANCISCO, CA 94134
(415) 587-8403



What's New with State Taxes This Year?

Faster filing, faster refunds, free assistance and some new tax laws greet Californians with the new year, according to the Franchise Tax Board (FTB).

PHONE IN TAXES

Ten minutes to file and 10 days to receive a refund are two of the benefits being offered to 1.6 million Californians this year. Going statewide for the first time is filing by phone, called TeleFile. TeleFile is fast, free and easy. It's paperless. Nothing is mailed to the FTB. TeleFile does all the math and calculates your taxes for you.

TeleFile is being expanded this year after a successful pilot involving 100,000 taxpayers last year. For those who received a TeleFile booklet, be sure to hold on to it. Since each booklet contains a personal identification number, the FTB cannot replace lost ones.

FREE TAX ASSISTANCE

Tax help is on the Internet. The FTB has tax forms, answers to the most frequently asked tax questions and other information. Visit the FTB home page at www.ftb.ca.gov

Free tax help is also readily available through FAST (Fast Answers about State Taxes), a telephone service at (800) 338-0505 that answers the most commonly asked state tax questions, allows taxpayers to find out about the status of their refunds, and lets taxpayers order both state and

Talk Will Discuss
Grassland Restoration

Chari Danielson will give a free talk on the native grassland restoration project she manages at Mitchell Canyon on the north side of Mt. Diablo on Feb. 6 at 7:30 p.m. in the Recreation Room at the S.F. County Fair Building at 9th Avenue and Lincoln Way in Golden Gate Park.

SPCA EVENTS
Volunteer Orientations: Help the animals by volunteering at the San Francisco SPCA. Volunteers are needed on an ongoing basis as cat socializers, dog walkers and adoption counselors. Orientations will be held on Tuesday, Feb. 4 from 5-7 p.m. and Saturday, Feb. 22 from 10 a.m.-12 noon at 2500 16th St. For more information, call 554-3087.

Pet Loss Support Group: Dr. Betty Carmack will lead a group Feb. 3 from 7:30-9 p.m. For more information, call 554-3050.

federal tax forms. FTB has also extended its regular toll-free information line hours through April 15 from 7 a.m. to 8 p.m. Monday through Friday. Call (800) 852-5711 for the location nearest you.

AVOID COMMON ERRORS

FTB advises taxpayers to double check their math, California exemption credit (which differs from the federal credit), and tax from the tax table. Errors in these areas are the most common ones made. Each year, Californians make nearly a million errors on state tax returns, delaying their refund checks.

Taxpayers who had two or more employers during 1996 should remember to check to see if they are eligible for a refund of excess SDI. To be eligible, an employee must have had at least two employers, received more than \$31,767 in wages, and the total SDI (or Voluntary Plan Disability Insurance) withheld was more than \$254.14. Be sure to include the excess on your California tax return. See the instructions located in the tax booklets.

FAST REFUNDS

To get fast refunds, the FTB encourages taxpayers to TeleFile or file electronically through a qualified tax preparer. Refunds are mailed within 10 days. If you cannot TeleFile or otherwise file electronically, the FTB reminds taxpayers that the earlier they file, the quicker their refund will arrive.

Taxpayers who file in January or February generally get their refunds within two to four weeks. Those waiting until March or April can expect a wait of six to eight weeks to receive a refund check. Last year, 7.5 million Californians received a refund that averaged \$400.

NEW LEGISLATION

New tax provisions enacted this year bring about several changes that could affect the California tax return. Some of the new tax laws include changes to:

*Employer Education Assistance Exclusion: affecting employees who were reimbursed for employer provided education in 1995 of up to \$5,250. If your employer provided financial assistance for your continuing education, and that money was reported as income on your W-2 form for 1995, you may be entitled to a refund.

Those individuals need to file an threshold of 50 miles (increased from 25 miles) for a legitimate business purpose. amended return (FTB Form 540X) with 35).

*Spousal Travel: which allows a deduction for spousal travel expenses on a business trip only if the spouse is an employee of the company and is traveling for a legitimate business purpose.

*Tax Credit: creating a new tax credit for transporting donated agricultural products to nonprofit organizations.

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